

CLINIC REGISTRATION

Coach's Name _____

Street Address _____

City _____ State _____ Zip _____

Coach's Email _____

Home Phone Number _____

Cell Phone Number _____

Work Phone Number _____

Name of school/business affiliated with

Attendance Fees include: refreshments, meet-and greet of speakers, and free product samples.

Attendees will have the opportunity purchase a DVD of the clinic.

FULL PAYMENT DUE BY:

May 1, 2011

Full Cost for 1 Participant.....\$100.00
Full Cost for 2 Participants of same school..... \$90.00
Full Cost for 3 or more Participants of same school...\$80.00
Full Cost for 1 Student (Copy of Student ID).....\$80.00
After May 1st.....\$25 additional charge

Walk-ups Welcome!!!

Cash or check.

Make Checks Payable to:

University of South Alabama Athletics

Mail to:

Justin Schwind

Head Strength and Conditioning Coach

University of South Alabama

Football Field House

591 Joseph E. Gottfried Dr.

Mobile. AL 36608

Welcome to Jag Power!

The Strength and Conditioning staff at the University of South Alabama would like to cordially invite you to the third annual University of South Alabama Strength and Conditioning Coaches' Clinic on May 21, 2011. This one-day seminar will provide you with information on different styles of training, and how to incorporate them into your program.



JAGPOWER.NET

Third Annual Jag Power Strength & Conditioning Coaches' Clinic

May 21, 2011

Featured Speakers

JAMES SMITH – Univ. of Pittsburgh

ERIK KOREM – Florida State

YANCY MCKNIGHT – Iowa State

JON HERSEL – Univ. of South Alabama

Dr. CORAL GUBLER – Univ. of South Alabama



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SUITES**

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Hotel accommodations can be provided through the
[Homewood Suites](http://HomewoodSuites) for \$119 a night
Visit JagPower.net for more info

COME LEARN FROM THE BEST.



JAMES SMITH (Key Note Speaker)

A veteran of the US Armed Forces, James Smith is currently serving his fourth season as a Physical Preparation Coach for the PITT Panthers Football Program. In this capacity he works directly with the skill position players. He has edited the previous publications, as well as soon to be published final work, of the late Dr. Yuri Verkhoshansky. He has lectured extensively on the subject of physical preparation and his application of former Soviet and Eastern Bloc sport training methodologies as well as the work of the late Canadian sprint coach Charlie Francis. James' work has twice been featured in the

internationally published magazine "Muscle and Fitness". At the high school level James served as a coach of physical preparation for football as well as an assistant T&F field coach. As a private consultant he has worked with numerous athletes as well as assault team members at Naval Special Warfare Development Group, US Navy SEAL Teams, and Särskilda Skyddsgruppen, as well as personnel serving as US Navy Divers, US Army soldiers, US Air Force Para Rescue, Paramilitary contractors, and Federal Air Marshals. James answers questions on the sport training Q&A staff at www.elitefts.com under the screen name "The Thinker".

Lecture DVD's as well as numerous sport training resources may be found at James' website www.powerdevelopmentinc.com



YANCY MCKNIGHT

CSCS, USAW, SCCC

Coach McKnight is in his third year as Head Strength and Conditioning Coach at Iowa State. He was previously the Head Strength and Conditioning Coach at Rice University for three years. McKnight has worked under some of football's most successful and innovative coaches, including Les Miles of LSU, Todd Graham of Tulsa and David Bailiff of Rice. McKnight has worked with a number of current NFL players, including running back Tatum Bell of the Denver Broncos, defensive tackle Kevin Williams of the Minnesota Vikings, defensive end Antonio Smith of the Arizona Cardinals, tight end Billy Bajema of the San Francisco 49ers and offensive lineman Charlie Johnson of the Indianapolis Colts. In 2008, his program helped the Owls earn Conference USA Western Division Co-Champions.

ERIK KOREM

MS, CSCS, CSCCa, USAW

Erik is currently an Assistant Strength and Conditioning Coach at Florida State University. He has worked as a Head Strength and Conditioning coach at the Div. I and II level. Erik is an authority in movement development in which he has trained multiple world class sprinters including the 2008 Olympic Gold Medalist Veronica Campbell (200m). Erik is responsible for speed development and sport nutrition at Florida State University.

Clinic Outline

7:30am-8:00am Register/Check-In
8:00am-10:30am James Smith
10:45am-12:15pm Erik Korem
12:15pm-1:15pm Lunch
1:30pm-3:00pm Yancy McKnight
3:15pm-4:15pm Jon Hersel
4:30pm-5:30pm Coral Gubler
5:30pm-6:00pm Q&A Session



CORAL GUBLER

PT, PhD, ATC

Dr. Gubler is an Assistant Professor in the Department of Physical Therapy at the University of South Alabama. She is TPI certified and has worked with many teams and sports in assessment and correction of functional movements. At this year's clinic she will be educating coaches about the purpose and benefits of functional movement screening, as well as practical ways to incorporate corrective exercises.



JON HERSEL

MS, CSCS, USAW, USATF

Jon is originally from Peerless MT., attended Jamestown College where he played football and has been coaching at Baldwin County High School for the last 4 years. He has recently been hired as the Associate Head Strength & Conditioning Coach at South Alabama. Along with being a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association he is a certified Track Coach through USA Track and Field and USA Weightlifting. Jon received his bachelor's degree from Jamestown College and his master's degree from the University of Mississippi. Jon's eleven-year strength and conditioning career has included experiences at the University of Miami, Louisiana State University, and Ole Miss, as well as two years in the private training sector at Velocity Sports Performance.

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